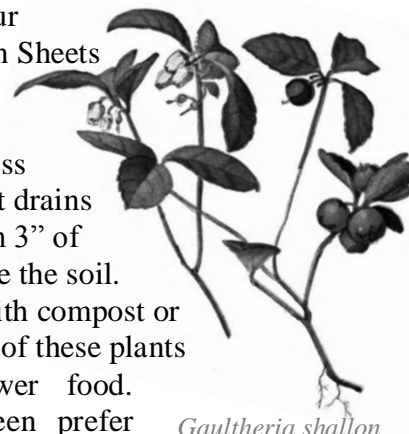


EDIBLE ORNAMENTALS

With more people interested in edible landscaping, uncommon fruits are coming into their own. Some familiar, ornamental plants have wonderful fruit or unusual berries. Aronias (chokeberries), for example, are well worth incorporating into your garden for both their beauty and their edible berries. Don't overlook the ornamental qualities of traditional fruit, either. Figs, persimmons, espaliered fruit trees, strawberries, blueberries, currants, and grapes can all be added to your landscape as well as your food garden. See Sky's current Fruit Tree List and Berry Information Sheets for detailed descriptions of our more conventional fruit selections.

Most of the following plants have similar requirements. Unless otherwise noted, they produce best in full sun and rich, moist soil that drains well. Make sure the garden bed has plenty of organic matter; work in 3" of Cedar Grove Compost, Fertile Mulch or your own compost to prepare the soil. Weeds, lack of ample water, and birds will limit yields. Mulching with compost or bark will limit competition from weeds and conserve moisture. Most of these plants will produce well if fertilized with organic rose and flower food. Huckleberries, tea camellias, lingonberries, salal, and wintergreen prefer organic rhododendron food. Follow the package directions according to the size of the plant.



Gaultheria shallon

It can be hard to find edible plants for shady areas. Most of the following plants prefer sun but will tolerate shade. The starred plants actually prefer partial shade.

- Shrubs: aronia, currant, elderberry, gooseberry, honeyberry, huckleberry,
 Japanese pepper bush, *Oregon grape, serviceberry, tea camellia,
 some bamboo
- Groundcovers: alpine strawberry, lingonberry, salal, *wintergreen
- Vines: akebia, *Arctic beauty kiwi
- Trees: filbert, *paw paw

For more information on edibles, check out the following books:

- [Edible and Medicinal Plants of the West](#) by Gregory L. Tilford
- [Herbs and Edible Flowers](#) by Lois Hole
- [The Edible Garden](#) by Sunset Publishing

GROUNDCOVERS



Alpine strawberry (*Fragaria vesca*)

This European strawberry may have tiny berries, but oh, the flavor! It's a nicer groundcover than regular strawberries, too, with its finer foliage and more controlled expansion. Sometimes white-berried forms are available: equally tasty, but more unusual than the red. For a French treat, drop a few berries in your next glass of champagne. Alpine strawberries tolerate shade

better than the larger ones, but produce best when given full sun, rich soil, and yearly feeding.

Cranberry (*Vaccinium macrocarpon*)

This evergreen groundcover will grow to about 6" tall and will be covered with bright red berries in the fall. Its diminutive size, glossy leaves, pink flowers and bright red berries make it a nice groundcover for a sunny area. No, it doesn't need a bog, but keep it well-watered in the summer.

Lingonberry (*Vaccinium vitis-idaea*)

You don't have to go to Ballard for your lingonberry syrup if you grow your own. Lingonberries spread nicely through underground rhizomes. Growing 6-12" tall, its small glossy leaves, white flowers and bright red berries make it a nice groundcover for a sun to part-shaded area. It loves the same conditions as camellias and rhododendrons.



Oca (*Oxalis tuberosa*) aka **New Zealand Yam**

Oca is native to the Andes, where it is the crop second in importance to the potato. Like its relatives the ornamental oxalis varieties, it has attractive "three-leaf-clover" like foliage. Its young leaves can be added to salads, but it is primarily grown for the tangy, knobbly, fingerling-shaped tubers. In Mexico oca tubers are eaten raw with salt, lemon, and hot pepper; in New Zealand they are steamed or boiled and mashed. Flavor ranges from sour to sour-sweet, with a nutty overtone. Exposing the roots to sunlight for several days tends to sweeten them.

Salal (*Gaultheria shallon*)

Salal berries were so highly prized by the indigenous people that they were sometimes used as trade items! The plump dark blue fruit has a somewhat mealy texture and tastes rather like a blueberry (its distant cousin). It's pleasant for fresh eating, can be dried, and made into jelly, preserves, pies.... Don't let the birds get ALL your crop anymore! As an evergreen groundcover, this sturdy and attractive native stays low in sun, grows taller in shade, and tolerates neglect.

Wintergreen (*Gaultheria procumbens*)

This beautiful Eastern U.S. native is a close relative of salal. The plant looks rather like a tiny salal with brighter green leaves; the berries are shiny, red, and have that refreshing wintergreen flavor. A favorite with children! Give it woodland conditions.

GRASSES

Bamboo (*Phyllostachys* species)

Among Sky's dozens of bamboos are several that produce abundant, tasty shoots. All are "running" bamboos, meaning they'll spread vigorously if not contained by a bamboo barrier. Depending on variety, bamboo canes can reach 10-80' and take sun or part shade. See Sky's current [Bamboo List](#) for full descriptions of all varieties carried this year—those with tasty shoots are so noted.

SHRUBS

Autumn Olive (*Eleagnus umbellata*)

Autumn Olive forms a 10-12' shrub with narrow dark green foliage with silvery undersides. In May it is covered with fragrant white flowers; the olive-shaped red berries ripen in September. The tasty fruit is very high in lycopenes (tomato's famous antioxidant), which are believed to help prevent cancer. The plant is extremely hardy and drought tolerant, and will tolerate any well-drained soil. Disease and insect resistant!



Chilean Guava (*Ugni molinae*)

This attractive evergreen shrub grows 3-6' in feet. Its spring display of fragrant white flowers gives way to pretty red berries with a sprightly guava-like flavor and fragrance. Chilean Guava likes full sun in our climate. It is hardy to about 10° F; it should be mulched heavily or covered during colder weather. Or grow this pretty evergreen in a container and bring it indoors for the winter.

Chokecherry (*Aronia melanocarpa*)

This American native is valued for its tasty and nutritious fruit. Aronia juice is now available in supermarkets—it's tart, tasty, and high in Vitamin C. The 4-6' plant is also very ornamental. It has glossy, thick foliage, which turns fire engine red in October. In spring it is covered with snowy white flowers. The blue-black fruit can hang on the plant well into winter if you don't eat them first. The fruit is eaten fresh or used in juice or preserves. The plant adapts to most soils, takes full sun to partial shade, is hardy to -40° F, and is rarely bothered by pests and diseases.

Elderberry (*Sambucus* species)

Elderberries have been eaten by people in Europe, Asia, and America for millennia. The deciduous bushes are rather like lilacs in habit but with attractive lacy foliage; they grow 6-15' but can be kept smaller with pruning. The tiny flowers come in large, flat, ornamental clusters in June, followed by black berries in September. You need two bushes for pollination. The berries make delicious preserves, pies, wine, or juice. Flowers can be eaten in fritters. Sky is carrying several varieties grown primarily as ornamentals which produce edible fruit. We also carry the native red and blue elders.





Goji aka Chinese Wolfberry (*Lycium barbarum*)

Chinese wolfberry grows as a shrub to semi-vine, reaching 8-10 feet high. It has profuse purplish-blue flowers in spring followed by orange-red berries. The berries taste a bit like raisins; the leaves and young shoots can be eaten as a green vegetable. Both berries and bark have been used in Chinese medicine for over 2000 years to support the immune system, eyes, liver, and circulation. Western studies confirm that the berries are extremely rich in vitamin, minerals and antioxidants. Dried goji berries and juice are widely sold, but to get the fresh berries, you need to grow them yourself. Chinese Wolfberry likes full sun and well-drained soil. It is drought resistant and easy to grow.

Goumi (*Eleagnus multiflora*)

Goumi forms an attractive grayish silver 6' shrub. In May it is covered with fragrant white flowers; fruit usually ripens in June or July. The fruit is olive shaped, red with silver speckles, juicy, tart, and aromatic. Some people compare it to tart cherries, others to apples. It is tasty both fresh and in preserves. The plant is extremely hardy and drought, disease and insect resistant. Sky is carrying the varieties 'Red Gem' and 'Sweet Scarlet', both of which bear large, very tasty fruit. Goumi is partially self-fertile, but you will get larger crops if you plant both varieties.

Honeyberry (*Lonicera kamchatika*)

This member of the honeysuckle family offers tasty small blue fruits that look rather like elongated blueberries. It likes sun to partial shade and rich organic soil. The arching (3-4' high by about 5-6' wide) bushes have creamy white to yellow flowers in early spring, followed by the bright berries in early summer. 'Blue Forest' has deep green foliage and 'Blue Velvet' has velvety gray-green foliage. They are good producers of early-ripening, large tasty fruit for the Northwest. You need both varieties for pollination.

Huckleberry (*Vaccinium* species)

This Northwest favorite needs little introduction! A close relative of the cultivated blueberries, huckleberries thrive in our climate. Huckleberries, besides being tasty, contain even more antioxidants than cultivated blueberries. Sky Nursery normally stocks two native varieties, Red Huckleberry and Evergreen Huckleberry, as well as some European dwarf huckleberry varieties. The Red Huckleberry (*Vaccinium parvifolium*) has tart red, almost transparent fruit. It is deciduous, but its angular green branches are attractive in winter. The Evergreen Huckleberry (*Vaccinium ovatum*) is a stunningly ornamental plant; florists often use its shiny foliage. Its black berries are sweeter than the Red Huckleberry's. Both plants tolerate shade but produce best in sun. Huckleberries are shallow-rooted; try not to mulch too deeply or to cultivate around the roots.



Indian Plum (*Oemleria cerasiformis*)

Another Northwest native, Indian Plum heralds early spring with drooping clusters of tiny almond-scented flowers. A large shrub to small tree, Indian Plum has dark green, lance-shaped leaves. Small blue-black fruits are relished by birds and good in jelly. The suckering shrub grows 3-15' tall depending on conditions.



Japanese Pepperbush (*Zanthoxylum piperitum*) aka **Sanshō**

This handsome deciduous shrub or small tree is widely used in Japan for both spice (the ground seeds taste like pepper) and for salad greens and soup (the young leaves). It is a great ornamental, with dark green ferny foliage that is aromatic when bruised. Fragrant yellow-green flowers in May are followed by bright red fruit. Fall color is a clear yellow. It takes sun to part shade, grows to about 7' tall, and likes rich soil that retains moisture. Separate male plants are required to pollinate female plants for fruit production.

Oregon Grape (*Mahonia* species)

You've admired the purple-black berries on this plant, but did you realize that they're completely edible? The tart fruit is best sweetened; it makes excellent juice and jelly. The shiny holly-like foliage, fragrant yellow flowers in February-March, and fall berry display make this a superlative ornamental. Give it rich well-drained soil and part-shade for best performance.

Pineapple Guava (*Feijoa sellowiana*)

An exotic and unusual plant. The evergreen leaves are shiny dark green with a silvery underside. Flowers are gorgeous, with huge red stamens and pink edible petals said to taste like cotton candy. The fruit, ripening in early November, is dark green with a flavor blending mint and pineapple. Pineapple guava looks delicate, but it is hardy to 5° F. It can be grown in a planter and brought indoors, or left outside to ripen in the snow and protected in the coldest weather. Grows to 6-8'.



Pomegranate (*Punica granatum*)

Pomegranates grow as small deciduous trees or shrubs. (We class it here with shrubs because the variety we offer for fruit production is shrubby.) They have showy bright orange-red blooms and the familiar orange to red fruit. Pomegranates are generally hardy to about 15° F. They are ideal for container culture as they can be moved indoors if an Arctic Blast threatens. The fruit requires a long warm period to ripen, so moving plants indoors can also help to assist fruit to ripen.

Rose (*Rosa* species)

Many species roses, including the natives and the rugosas, bear rose hips which are excellent Vitamin C sources. They are most commonly dried and used to brew rosehip tea, but can also be cooked and eaten or used in jams. Ounce for ounce, they contain more Vitamin C than oranges, as well as valuable bioflavonoids. Most rugosa roses will produce good hips. Native roses that produce edible hips include the Nootka Rose and the Woods Rose.

Seaberry (*Hippophae rhamnoides*)

This Far Eastern plant is a stunning performer! It is extremely tough and hardy, tolerating drought, salt spray, and poor or sandy soils. (It dislikes wet soils.) An excellent hedge plant growing to 10', it has narrow grayish-green leaves and is literally covered with bright orange berries that persist into winter. The berries are often juiced. Seaberry juice contains 7 times the Vitamin C of oranges or lemons, plus vitamins A & E. The seeds contain oil used medicinally. You'll need one male plant to pollinate each 8 female plants. Sky is carrying the male pollinator and several female cultivars. 'Titan' is an abundant producer of bright orange, aromatic fruit. 'Radiant' is an early-ripening variety with bright orange fruit that is particularly high in Vitamins C, A, & E.



Serviceberry (*Amelanchier*)

An American native, this plant was used extensively by early settlers for preserves. Canada has started growing the fruit commercially, though it's not readily available yet in our country. The fruit looks like a tiny blue apple and tastes rather like a blueberry. It can be eaten fresh, dried as "raisins", or used in pies and preserves. Different cultivars are available; some can be trained as a small tree, some as a large bush. The plant will be covered with white flowers in late spring, with berries in July, and with bright yellow foliage in the fall—a good multi-season plant!

Tea (*Camellia sinensis*)

Yes, true tea—green, black, or oolong—comes from a close cousin of ornamental camellias. Like them, Tea Camellia is a beautiful evergreen ornamental that finds the Northwest climate nearly ideal. Tea Camellia can grow to 6-8'. Its leaves are narrow, dark, and glossy, and the fragrant, pearly white single flowers appear in the fall. Sky has an information sheet on how to pick and process your own green tea. We are carrying the variety 'Sochi', a hardy Russian variety from the northernmost commercial tea-growing region in the world. Tea camellia likes full sun to partial shade, well-drained soil rich in organic matter, and yearly feeding with rhododendron food.

VINES

Akebia quinata

Akebia vines are extremely handsome trained up a trellis—thickly growing, evergreen most winters, with slightly chocolate-scented flowers in early spring. There are white, rosy pink, and purple-flowered varieties—you need two varieties for fruit set. The fruit is sweet, sausage-shaped, and very unusual. Akebia likes sun or part shade and normal garden conditions and care.

Hops (*Humulus lupulus*)

Hops are vigorous, hardy plants that produce scented flowers essential to would-be home brewers. Sky carries two different types of hops: the golden hop vine which is grown primarily for its ornamental foliage, and various green-leaved cultivars which have been bred for flower production and brewing quality. Be sure to choose the one you need. In 2012, Sky will be carrying the brewing varieties Cascade, Centennial, Mount Hood, Nugget, and Willamette. Hops will die back to the ground in winter and grow up to a foot a day under ideal conditions in summer, reaching up to 25 feet. They like full sun, good rich soil, plenty of water during the growing season, a good strong support, and plenty of room to stretch vertically. They will reward you with luxuriant-looking foliage and fragrant light-green flowers that can be used for sleep pillows or for brewing beers and ales.

Kiwi (*Actinidia* species)

Kiwis are vigorous growers that will reward the adventurous gardener with an abundance of fruit. Several species thrive in our climate. The supermarket fuzzy kiwi is *Actinidia deliciosa*. *Actinidia arguta*, the hardy kiwi, is smaller and smooth-skinned, as is the Arctic kiwi. *Actinidia kolomikta*. All are sweet and delicious. The male 'Arctic Beauty' is the most ornamental—it is variegated green, pink, and white. Most kiwis require a male plant to pollinate each eight females. However one variety, 'Issai' is self fertile. Each deciduous vine will require sturdy support. *Kolomiktas* prefer partial shade; the others produce best in full sun. See Sky's current Kiwi Information Sheet for details on the different cultivars we're carrying and for information on growing and training the kiwi vines.

Magnolia Vine (*Schisandra* species)

This beautiful deciduous vine will grow in either sun or shade. The flowers are like small fragrant magnolias. The fruits are bright red and borne in grape-like clusters. They are highly aromatic and tart, used in beverages and preserves. The lemon-scented leaves and shoots are used in China to make a refreshing tea. 'Eastern Prince' is a self-fertile variety with snow-white flowers and crimson berries. It will survive temperatures to -30° F. 'Apricot Blush' has beautiful apricot-orange flowers followed by profuse red berries. It is hardy to about 10° F; you should mulch it if temperatures drop lower. 'Apricot Blush' needs to be pollinated by 'Eastern Prince' or the red-flowered male plant 'Valentine' for fruit set.

TREES

Almond (*Prunus dulcis*)

Almonds are closely related to flowering cherries and, like them, have pink cherry-like blooms in spring. The flowers are honey-scented. Sky is carrying two true almonds that produce sweet, thin-shelled fruit: 'Bounty' and 'Nikita's Pride'. The third variety, 'Hall's Hardy,' is believed to be a natural peach-almond cross—its nuts have thicker shells and a stronger flavor. All three cultivars grow to about 20 feet in the landscape.



Cornelian Cherry (*Cornus mas*)

This relative of the common dogwood is an attractive small tree, growing to about 12-15' tall. Its bright yellow flowers light up the tree in late February, making it a valuable addition to the winter landscape. The fruit looks like an elongated crabapple and tastes somewhat like a sweet pie cherry. It's good for fresh eating or cooking. Trees are self-fertile but set more fruit if another tree is nearby.

Mulberry (*Morus* species)

Mulberries are ornamental trees with lush, tropical-looking foliage. The fruit is like a large, juicy, sweet blackberry. The trees will reach 30 feet in height and spread, but they are slow growing and can be kept smaller with pruning. Mulberries like at least a half day of sun (all day is better) and well-drained soil. Mulch to prevent freeze damage; hardy to about 10° F. Mulberries may be harvested while still reddish for a tarter berry, or left to ripen fully for greater sweetness.

Olive (*Olea europea*)

Olive trees are picturesque, stately evergreens hardy to about 10° F. They require full sun and well-drained soil. In warm summers, early-ripening varieties should ripen fruit. Olives are great for their oil or eating fresh! For maximum ripening, plant against a south or west-facing wall in full sun. The self-fertile tree starts bearing at a young age.

Pawpaw (*Asimina triloba*)

This beautiful small tree adds a tropical look to your landscape with its long glossy leaves and pyramidal shape. The 3-6" fruit is tropical tasting too, reminding some of a banana, others of vanilla custard. Pawpaws grow naturally as an understory tree, up to 10 feet. They are one of the few fruit trees to produce well in shade gardens. Here in the Puget Sound area, they will also enjoy full sun. Plant two for pollination.

Pine (*Pinus koraiensis*)

Edible pine nuts, or pignoli, are produced by all species of pine. However, most produce nuts or crops that are too small for most foragers to bother harvesting. The Korean pine, however, is one of the world's three foremost commercially harvested pine-nut producers, and it is also a beautiful ornamental.

Umeboshi Plum/ Flowering Apricot (*Prunus mume*)

This flowering cherry relative is a natural semi-dwarf (to 15') tree, covered with deliciously fragrant pink, white, or bright red flowers in February. Tart, apricot-like fruit is yellow blushed with red and can be eaten fresh, dried, or pickled in salt to make umeboshi, the famous Japanese pickled plum. The varieties 'Bungo' and 'Kanko Bai' are bred for highest fruit production. 'Bungo' has white to pale pink flowers and produces the largest fruit; 'Kanko Bai' has semi-double magenta flowers and produces good crops of slightly smaller fruit. Other varieties have been bred primarily for their flower quality but will still produce smaller crops of umeboshi fruit.



Quince (*Cydonia oblonga*)

Back when everyone made jelly or preserves, quince was a part of every farm's orchard for its aromatic fruit. A gnarled small tree or large shrub, quince is a great ornamental as well. It is covered with fragrant white flowers in the spring and golden fruit in the fall. 'Aromatnaya' is a delectable Russian variety with large aromatic fruit that is sweet enough for fresh eating. 'Pineapple,' as the name suggests, has medium size pineapple-scented fruit, great in jelly and cider. 'Smyrna' is a Turkish variety grown in America for 200 years. It produces abundant crops of very large, aromatic lemon yellow fruit.